



Murray Senior Recreation Center

2020

Recreation for 55+

March

Aging Mastery Program (AMP)



In partnership with Salt Lake County Aging & Adult Services, we will be providing the **AGING MASTERY PROGRAM (AMP)** which was created by the National Council on Aging.

This 10-week course begins **Friday, March 6** through **Friday, May 8** from **12:30-2:00**. AMP is designed to inform, encourage, and support older adults as they take steps to improve their lives and engage with their communities. AMP is all about feeling better today and staying healthy for the future. We believe that small steps can make a big difference in our health and well-being, and that even modest improvements can make life more fun and meaningful. It's never too late to learn new skills and make changes. This is a **free** class. [Register now.](#)

Minding Motion for Graceful Aging



The Center is pleased to announce a new six-week class, entitled **MINDING MOTION FOR GRACEFUL AGING**, beginning **Monday, April 13** through **Monday, May 18** at **10:00-11:00**. The cost is **\$18** for the entire session or **\$3** per class. All abilities are welcome. [Register now.](#)

Minding Motion for Graceful Aging™ is a multi-sensorial, fun, and energizing 6-week movement program done from sitting in a chair to standing. It is like brain food for a sharper, faster, smarter brain and body. Participants of all levels and abilities reconnect with their bodies and improve balance coordination, posture, and motor skills by increasing neurotransmitters in the brain, facilitating better functioning, health, and overall wellbeing.

On **Monday, April 6** at **10:00**, there will be a **free** sampling class. Please come and check it out!

Fire and Police Appreciation Fundraiser – Thank You



We exceeded our goal of \$400. Thank you for your generous donations toward our **FIRE AND POLICE APPRECIATION WEEK!**

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Next Center Closures

Monday, May 25 Memorial Day

Next Special Event

Tuesday, May 5 Mother's Day Tea
Registration begins Tuesday, April 7
Deadline is Tuesday, April 28

#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior-
Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed



Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Kat Martinez, District 1
 Dale Cox, District 2
 Rosalba Dominguez, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Bart Harris
Building Attendant	Pete Wright

Advisory Board

Chair: Ed Houston
 Lynn Anderson
 Richard Clark
 Susan Hatcher
 Ed Houston
 Jenny Martin
 Christine Clark
 Max Derrick
 Becky Harris
 Sandra Jones

Heritage Senior Adults, Inc.

DONATIONS made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to the Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. A printed copy is available at the Murray Senior Recreation Center, online at murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. A suggested donation of \$1 per issue is appreciated for the copies picked up at the Murray Senior Recreation Center. *Newsletters are archived online.*

You may make a **RESERVATION** for yourself and one friend for programs and trips as long as payment accompanies the reservation. If you pay for a friend, you are then responsible for taking care of any cancellations and/or refunds with the friend.

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks in order to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

ANIMALS are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card at the Front Desk.

April Callaway is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is time provided for comments.



www.facebook.com/MurraySeniorRec/
www.facebook.com/MurrayCityUtah/

Scams!

On **Tuesday, March 3** at **10:30**, Alan Ormsby from AARP will be at the Center to present a class on **SCAMS!** He will be addressing all of the newest scams. Telephone scammers are pretending to be Social Security employees. They may threaten you by demanding immediate payment to avoid arrest or other legal action. Do not be fooled. He will help you learn how to protect yourself. This is a **free** class. [Register now.](#)

Grief Support Class

On **Friday, March 13** at **10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

Irish Storytelling

On **Tuesday, March 17** at **10:30**, Jim Duignan, from Dublin, and Michael Donovan, from Cashel County, Tipperary, will be at the Center to delight you with their **IRISH STORYTELLING** skills. One never knows what these storytellers will come up with on the day of their presentation; Irish storytellers are famous for their wit and inventiveness. The extraordinary range of Irish stories come from a folklore tradition more than 2,000 years old, which successfully blends Celtic, Christian, and English influences to create some of the most distinctive oral literature in Europe. This is a **free** class. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, March 24** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Avoiding Funeral Pitfalls

On **Monday, March 23** at **2:00**, Grant Wallace from Jenkins-Soffe will explain **AVOIDING FUNERAL PITFALLS**. He will provide information to help individuals avoid some of the pitfalls of spending more than is needed. Getting prepared now may help avoid costly errors in your time of loss and grief. This is a **free** class. [Register now.](#)

Vital Aging: Mental Wellbeing

On **Tuesday, March 24** at **1:00**, the **VITAL AGING** wellness topic will be **MENTAL WELLBEING**. The discussion will focus on improving mental health and wellbeing. We will learn mindfulness skills, ways to improve memory, how to tolerate uncertainty, and how to cope with life's ups and downs. This is a **free** class. [Register now.](#)

Earthquake Class

On **Tuesday, March 31** at **10:30**, Maralin Hoff, "The Earthquake Lady," from the State of Utah Department of Public Safety will be at the Center to share her knowledge about how to "safe proof" your home in the event of an **EARTHQUAKE**. During an earthquake, great movement occurs and you may injure yourself and/or suffer financial hardship. You will learn simple ways to secure wall units and furnishings to help keep them from falling. She will also teach you to protect yourself from getting hurt. This is a **free** class. [Register now.](#)

eBooks and eAudiobooks

On **Friday, April 3** at **10:30**, a representative from Murray City Library will teach you how to use **eBOOKS** and **eAUDIOBOOKS**. Bring your devices (tablet, smartphone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Also, bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address, or a piece of mail with your name and current address. This is a **free** class. [Register now.](#) Space is limited to seven participants.

Nutrition: 7 Foods in 7 Recipes

On **Friday, April 10** at **10:30**, Ashley Quadros from Harmons will be teaching us **NUTRITION: 7 FOODS IN 7 RECIPES**. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's six-week **WATERCOLOR** class will continue through **Monday, April 6** at **9:00-12:00**. A new six-week session will begin **Monday, April 13**. Cost is **\$33**.

Registration begins Tuesday, March 24.

John and Joan Fackrell's six-week **ART APPRECIATION** class will continue through **Monday, April 6** at **1:00-3:30**. A new six-week session will begin **Monday, April 13**. Cost is **\$33**. Registration begins Tuesday, March 24.

Jeanette Morris' eight-week **PAINTING** class will continue through **Wednesday, April 22** at **9:00-12:00**. Cost is **\$40**. Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

Express Yourself with Watercolor and Acrylic

The Trust for the Utah Women Artists Exhibition, a program of the American Association of University Women (AAUW), received a grant from the Utah Division of Arts and Museums with funding from the State of Utah and the National Endowment for the Arts (NEA) to offer a free two-part workshop **EXPRESS YOURSELF WITH WATERCOLOR AND ACRYLIC** at the Murray Senior Recreation Center.



The first part will be held on **Thursday, April 23** at **9:00-11:00**, on **sketching and watercolors**. On **Friday, April 24** at **9:00-11:00**, the topic will be reductive painting with Golden Open Acrylics. Participants will learn and practice techniques in each class, led by professional artists Sue Martin and Stacy Phillips. Beginning and advanced students are welcome. All materials will be provided.

This workshop is **free**. Registration for both classes begins Monday, March 9. Space is limited to 20 participants per class.

Workshop photos and art will be displayed this June in the Crescent Gallery at the Utah Cultural Celebration Center.



The goals of the workshop are to increase the artistic knowledge of the participants, acquaint participants with different professional artists, and encourage participants to enter the 2022 AAUW Utah Women Artists Exhibition.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are always welcome. Bring your ideas and projects to share.

Wood Craft

Susan will be teaching her **WOOD CRAFT** class on **Tuesday, April 14** at **2:30-4:00**. The cost is **\$5** and all supplies are included. Register now. The registration deadline is **Friday, April 10**.



Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Ashton Snelgrove, Connor O'Leary, and others from SoFi (Social Finance, Inc.) have one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00, 3:00, and 4:00** and **Friday** at **9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's six-week **GENEALOGY** class will continue through **Wednesday, March 25** at **12:30-2:00**. A new session will begin **Wednesday, April 1**. This is a **FREE** class. Space is limited to eight participants (two participants will need to bring their own laptop).

Computer Lab

The **COMPUTER LAB** has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page.

2020 Overnight Trip: Tuacahn

It's never too early to be thinking about summer plans and our annual **TUACAHN** trip which is set to depart **Monday, June 8**. Plan to travel to southern Utah and Mesquite and spend a few evenings at the Tuacahn Amphitheater. This year's plays will be *Disney's Beauty and the Beast* and *Annie*.



A chartered bus will depart from the Murray Senior Recreation Center at **10:00** on **Monday, June 8** and we will stay three nights at the CasaBlanca Hotel in Mesquite, Nevada. We will return on **Thursday, June 11**.

The cost is **\$400** per person based on double occupancy or **\$500** per person for a single room. Cost includes lunch on the bus heading to Mesquite, a \$65 meal card at the CasaBlanca, two pre-show dinners at Golden Corral, and tickets to the two musical plays.

Registration begins Wednesday, March 25 and seating is limited. A minimum \$50 deposit is required for each participant to register for the trip. **Trip payment in full is required by Wednesday, May 6 at 4:00.** Travelers may register for themselves and one other person.

Cancellations must be made prior to Wednesday, May 6 for a full refund. After May 6, trip refund amounts will be on a case-by-case basis.

National Senior Health and Fitness Day



In lieu of our Symposium this year, we will be hosting the **NATIONAL SENIOR HEALTH AND FITNESS DAY** on **Wednesday, May 27** from **8:00** to **1:00**. There will be a **free** continental breakfast from 8:00-9:00 and a \$1 lunch at noon. We will have health screenings, informational booths, lectures, and more!

The keynote speaker after lunch will be Dr. Noel Gardner, MD. He is a board-certified psychiatrist who is the founder and medical director of Impact Mental Health and an adjunct professor in the Department of Psychiatry at the University of Utah. Dr. Gardner's keynote will be regarding issues related to aging; in particular the mental health challenges and how to address them.

Registration dates and more details will be in our April newsletter.

8th Annual Storytelling Workshop

The six-week **STORYTELLING WORKSHOP** sponsored by The Murray Cultural Arts Department will continue every **Tuesday** and **Friday** through **Friday, March 27** at **10:00-11:30**.

Birthday Wednesday

Celebrate your **BIRTHDAY** on the **FIRST WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.

A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!

Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, March 16** from **10:30-12:00**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

AARP Tax Help

Volunteers from **AARP** will be providing **free TAX HELP** and preparation for tax payers over age 55 with middle and low income. This free and confidential service will be available **Wednesday afternoons** continuing through **April 8**. Advance appointments are required. Please remember your appointment date and make sure you cancel in advance if you are not able to attend.



VITA Tax Help

The **VITA TAX HELP** will be offered on **Thursday evenings** from **5:30 pm** to **8:00 pm** through **April 9**. Appointments are made by calling 211 (a free information hotline); walk-ins are also welcome. VITA assists those who make \$56,000 or less and is for all ages.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

MARCH

Monthly Calendar



Murray Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior
-Recreation-Center
Director: Tricia Cooke

Monday – Friday
8:00 – 4:30

Thursday
8:00 – 9:30

Saturday – Sunday
Closed

MONDAY	TUESDAY
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:00 Storytelling Workshop 10:30 Tai Chi / Scams! 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 NO Personal Training 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:00 Storytelling Workshop 10:30 Tai Chi 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:30 Legal Consultation 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 10:30 Brunch Café 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:00 Storytelling Workshop 10:30 Tai Chi / Irish Storytelling 11:30 Lunch 12:00 Medicare Counseling 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 2:00 Strength Conditioning 2:00 Avoiding Funeral Pitfalls	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 9:30 AARP Smart Driving 10:00 Storytelling Workshop 10:30 Tai Chi 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help / Vital Aging 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Dance Lesson Workshop 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / Earthquake Class 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance



WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / NO Transportation 11:15 Chair Aerobics 11:30 Birthday Wednesday 12:30 Genealogy / AARP Tax Help 12:30 Utah Museum of Fine Arts 12:45 Bingo 1:00 Bridge 4	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 Toenail Clipping 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Strength / Computer Help 3:00 Readers Theater 5:30 VITA Tax Help (call 211) 7:00 Evening Social Dance 5	9:00 Zumba / Computer Help 10:00 Yoga / Transportation 10:00 Storytelling Workshop 11:15 Chair Aerobics 11:30 Lunch 12:30 Aging Mastery Program 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 2:00 Mahjong 6
9:00 Painting / Haircuts 9:00 Tooele Breakfast 9:15 Pinochle 10:00 Yoga 10:00 NO Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / AARP Tax Help 12:45 Bingo 1:00 Bridge 11	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 5:30 VITA Tax Help (call 211) 7:00 Evening Social Dance 12	9:00 Zumba / Computer Help 10:00 Yoga / Transportation 10:00 Storytelling Workshop 10:30 Grief Support 11:15 Chair Aerobics / 11:30 Lunch 12:30 Aging Mastery Program 12:30 Overall Fitness Class 12:30 NO Personal Training 12:45 Bingo 1:00 Bridge 2:00 Mahjong 13
9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 H.E.A.T. Assistance 10:30 Blood Pressure Clinic 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / AARP Tax Help 12:45 Bingo 1:00 Bridge 18	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 5:30 VITA Tax Help (call 211) 7:00 Evening Social Dance 19	9:00 Zumba / Computer Help 10:00 Yoga / NO Transportation 10:00 Storytelling Workshop 11:15 Chair Aerobics 11:30 Lunch 12:30 Aging Mastery Program 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge / Woodcarving Trip 2:00 Mahjong 20
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 Board Meeting 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / AARP Tax Help 12:45 Bingo 1:00 Bridge 25	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage / Clark Planetarium 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 5:30 VITA Tax Help (call 211) 7:00 Evening Social Dance 26	9:00 Zumba / Computer Help 10:00 Transportation / Yoga 10:00 Storytelling Workshop 11:15 Chair Aerobics 11:30 Lunch 12:30 Aging Mastery Program 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 2:00 Mahjong 27

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is **free**, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

NOTE: *The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pick up cards before the start of bingo.*

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special THANK YOU to **Village Inn** for donating pies each week and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **12:30-3:30**. Beginners are welcome, all games are free, and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

Mahjong

MAHJONG (a popular Chinese tile game) is played on **Fridays** at **2:00**. Beginners are welcome, all games are free, and anyone can join in on the fun.

Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun!

Dance Lesson Workshop

On **Monday, March 30** through **Monday, April 27** at **1:00-2:00**, Kyle and Jackie Kidd will be teaching a five-week **DANCE LESSON WORKSHOP** for beginning level dancers; no prior experience needed. The first week will be when the dances to be taught are chosen with input from the class. This is a **free** class. Register now for yourself and your dance partner. No class held on Monday, April 6.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and door prizes. Last month our sponsors were Village Inn Murray, Tony Summerhays, Glen Linnebach, Curtis Parker, Debska Zdzislana-Slava, East Coast Subs, and Kneaders Bakery and Café.

Murray Women's Golf League

The **MURRAY WOMEN'S GOLF LEAGUE** is starting registration for the 2020 Season. 9-hole play is on Mondays at the Murray Parkway Golf Course. You make your own tee time with the golf course. Registration cost is **\$35** and includes a catered banquet and lots of prizes at the end of the year. For more information, please contact Tricia Cooke. This golf league is open to all ages.

Senior Golf League

For those interested in playing in the Center's 18-hole **SENIOR GOLF LEAGUE**, the General Meeting is on **Monday, April 6** at **10:30**. During the general meeting, the schedule will be reviewed and local rules for the season outlined. The season begins on April 20. Polish up those clubs and join us this year.

NEW

Wednesday & **FRIDAY** Transportation

WEEKLY TRANSPORTATION to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays** and **Fridays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00 to 4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, March 10** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Blood Pressure Clinic

Monique at Harmony Home Health and Hospice will be conducting a **BLOOD PRESSURE CLINIC** on **Wednesday, March 18** from **10:30 to 12:00**. No appointment necessary.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, March 17** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

Veterans Benefits

On **Tuesday, April 21** from **1:00 to 3:00**, Brock McLean, an officer in the American Legion Veterans Service, will provide individualized help to discuss **VETERANS BENEFITS**, assist with filing any claims, and answer general questions about benefits for Veterans. Advance appointments are required.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. Toenail clipping will be on **Thursday, March 5** from **9:30 to 12:00**. The next scheduled toenail clipping will be on **Thursday, April 23**. The cost is **\$11**. Payment is required at time of scheduling; registration begins Thursday, March 26.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

H.E.A.T—Home Energy Assistance

A professional from **HOME ENERGY ASSISTANCE (H.E.A.T.)** will be at the Center on **Wednesday, March 18** at **10:30 to 12:00** to help people complete their H.E.A.T. application. Applicants must re-apply for this program each year. The H.E.A.T. Program provides winter home heating assistance and year-round energy crisis assistance for eligible low-income households. This is a **free** service. Advance appointments are required.

Bring these documents to apply for free utility assistance: Current photo ID, proof of social security number for all household members who have them, recent utility bills, proof of February income for each adult in the home (age 18 and older).

Exercise Classes

GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are **not included** in Silver Sneakers or Silver & Fit Medicare Supplement Insurance benefit

University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00**.

The students teach an **OVERALL FITNESS CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The University of Utah students' overall fitness class and personal training is included with the exercise room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The eight-week session will continue through **Monday, April 20** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class. [Register now](#).

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to Pickleball, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Walking Club Destination ... Portland, Oregon

We will kick off the **WALKING CLUB** with a group walk on **Friday, April 3** at **9:00** in the Grant Park Pavilion (just west of our Center). We have invited local running/walking expert Rebecca Gibbs to talk to our group about proper clothing, footwear, and warm-up techniques to get us started. We will supply walking routes and tips. Chart your progress as we walk to **PORTLAND, OREGON** (775 miles) from April through October. Cost is **\$12** and all participants will receive a 2020 t-shirt. Free pedometers available upon request. [Register now](#).

Utah Museum of Fine Arts

Travel with us to the Utah Museum of Fine Arts and experience their special exhibits *Beyond the Divide: Merchant, Artist, Samurai in Edo Japan* and *Seven Masters: 20th-Century Japanese Woodblock Prints*. The screen and scroll paintings, arms and armor, sculpture, and color woodblock prints in this exhibit represent a coming together of the merchant, artist, and Samurai classes to create one of Japan's most diverse periods of artistic expression.

The Center bus will depart at **12:30** on **Wednesday, March 4** for the **UTAH MUSEUM OF FINE ARTS**. Cost for the trip is **\$6**. Registration began Wednesday, February 12.

Tooele Breakfast

Once again our Center bus will be headed to the **TOOELE** Senior Center for the "Second Best **BREAKFAST** in Utah." The Center bus will leave at **9:00** on **Wednesday, March 11**. The return is about noon. Cost for this trip is **\$10** and includes transportation and breakfast. Registration begins Wednesday, February 26.

Clark Planetarium: Dinosaurs of Antarctica

DINOSAURS OF ANTARCTICA is an epic chronicle of a prehistoric world that is now lost to ice. From glaciers to Glacialisaurus, this environmental story brings Antarctica's dramatic transformation to life with a cast of bizarre, new-to-science dinosaurs and a team of paleo-ecologists working to reconstruct Antarctica's hidden greener past. Join us for this amazing and bizarre prehistoric story about creatures that inhabited Antarctic forests and swamps hundreds of millions of years ago.

The Center bus will depart at **12:00** on **Thursday, March 26** for the **CLARK PLANETARIUM**. Cost for the trip is **\$12**. Registration begins Wednesday, March 11.



See page 5 of this newsletter for trip details – Registration begins on Wednesday, March 25.

Great Salt Lake Woodcarving Show

Join us for the 28th Annual **GREAT SALT LAKE WOODCARVING SHOW** at Wheeler Farm. See the works of the best woodcarvers on display as well as chainsaw carving demos and visit with great vendors for tools and wood.

The Center bus will depart at **1:00** on **Friday, March 20** for Wheeler Farm. Cost for the trip is **\$6**. Registration begins Wednesday, March 4.

Wendover

Travel to **WENDOVER** on **Thursday, April 9**, and enjoy a day at the Rainbow Casino. The cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return about **7:00**. Register now. The deadline to register is Thursday, April 2.

Kingsbury Hall: Across the Wide and Lonesome Prairie




Based on the novel of the same name, this Kennedy Center-commissioned play by Utah playwright Julie Jensen is reimaged into a musical by YUTU Artistic Director Penny Caywood. Young pioneers tell their stories of growing up along the Oregon Trail as they encounter things both tragic and funny, frightening and empowering.

The Center bus will depart at **9:00** on **Friday, April 10** for **KINGSBURY HALL**. Cost for the trip is **\$6**. Registration begins Wednesday, March 18 for this trip.

BUS TRIP REMINDERS

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip host will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

MARCH LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO LUNCH	3 CHILI DOGS Tater Tots Broccoli Salad Oreo Dessert	4 MASHED POTATO CASSEROLE WITH CHICKEN Side Salad, Roll Birthday Cake and Ice Cream 	5 GREEK GYROS Lemon Rice Greek Salad Frog Eye Salad	6 CREAMY CAJUN SHRIMP PASTA Marinated Tomatoes Garlic Bread Pudding Parfait
9 NO LUNCH	10 SPINACH-STUFFED SALMON Oven Roasted Carrots Cheddar Biscuits Fresh Fruit	11 TACO LASAGNA Black Beans Spanish Rice Churro	12 CHICKEN BACON RANCH WRAPS Pea Salad Beets Ice Cream Sandwich	13 COUNTRY FRIED CHICKEN Mashed Potatoes Corn Lime Bars
<p>Lunch is served Tuesday-Friday at 11:30 to 12:30 Main Entrée price is \$4 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4</p>				
16  10:30 - 12:00	17 BAKED CHICKEN Roasted Sweet Potatoes Corn Banana Pudding 	18 POT ROAST Mashed Potatoes Mixed Veggies Rocky Road	19 CHEESEBURGER Potato Salad Chips Cookie	20 GARLIC BUTTER STEAK BITES Roasted Potatoes Roasted Asparagus Pecan Pie Brownies
23 NO LUNCH	24 FRENCH ONION BEEF AND NOODLES Green Beans Roll Chocolate Cake	25 BBQ CHICKEN Baked Beans Coleslaw Cinnamon Roll	26 CHICKEN CAESAR SALAD Fruit Cup Beets Chocolate Chip Oatmeal Cookie Bar	27 PIZZA Italian Pasta Salad Breadstick Gelato
30 NO LUNCH	31 SPINACH AND RICOTTA SHELLS Side Salad Roll Mint Chocolate Chip	<p>Soup of the Day now available as a Lunch Option</p> 